

## **SCHOOL WELLNESS POLICY, SUPPORT MATERIALS AND RESOURCES**

By the beginning of the 2006-07 school year, all public and nonpublic schools participating in the National School Lunch Program or Special Milk Program in Iowa must have wellness policies in place. The Iowa sample School Wellness Policy support materials and resources are now posted at the Iowa Association of School Boards website [www.ia-sb.org](http://www.ia-sb.org).

The federally mandated policy has five components. 1) wellness goals for nutrition education, physical activity, and other school-based activities to promote wellness; 2) nutrition guidelines for all foods available on campus; 3) standards for reimbursable meals; 4) requirements for monitoring of the policy; and 5) identification of who will be monitoring implementation of the policy must be included in the development of the policy.

Schools should begin working with their local groups soon in order to have the policy, goals and plan in place by the start of the 2006-07 school year. Iowa Association of School Boards worked with Iowa Partners: Action for Healthy Kids to develop the sample policy and supporting documents. These documents include a recommended best practice for school districts.

The USDA recommends that schools conduct an assessment before determining the local school wellness policy goals. In Iowa, an online assessment tool is recommended by the Iowa Association of School Boards, Iowa Partners: Action for Healthy Kids and the Iowa Department of Education. The Iowa assessment tool is located at <http://www.fshn.hs.iastate.edu/schoolnutrition/>. The online assessment tool is free and easy to use. Individual schools can go online to enter school building level data. Districts can request a district profile once school data has been entered. The district profile will compile all school building data for the district. The profile will suggest wellness goals for each of the four categories and will allow districts to compare their profile to all schools using the online tool. The online assessment will continue to be available next year to measure the progress the district has made in the area of School Wellness Policies.

Additional information on the Local School Wellness Policy can be found at:  
<http://www.state.ia.us/educate/ecese/fn/tn/localwp.html>.

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